

live well, work well

Health and wellness tips for your work, home, and life—brought to you by the insurance and healthcare specialists at M3.

Make Hygiene Number One!

Believe it or not, personal hygiene is the first step in staying healthy. In fact, neglecting your personal hygiene is not only a nuisance to others, it may also cause health problems such as gum disease from not brushing your teeth or head lice from not washing your hair.

Every external body part requires basic care and grooming on a regular basis to maintain good hygiene and ward off serious infections and diseases. Consider these personal hygiene suggestions for good health:

Hair Care

- Keep your hair at a manageable length that is easy to maintain and care for.
- Wash your hair at least every other day using shampoo and conditioner.
- Brush your hair three to four times per day with a soft bristle brush or comb.
- Consider washing your brush or comb when you wash your hair.

General Body Care

- Take a bath or shower once or twice per day, especially if you live in a warmer climate.

- Bathe immediately after engaging in exercise or physical activity.
- Use a mild soap to lather your entire body thoroughly and dry yourself with a clean towel when done.
- Put on clean clothes once you are done bathing.
- Women should change tampons and pads when menstruating as suggested by manufacturers to avoid odors.
- Apply deodorant, antiperspirant or talcum powder after bathing under the arm pits to ward off odors. Reapply throughout the day, if necessary.

Oral Care

- Brush your teeth for at least 60 seconds in the morning, in the evening and after eating a meal.
- Pay particular attention to the crevices between your teeth, your molars and even your tongue while brushing.
- Floss your teeth daily.
- Use mouthwash or eat a sugar-free breath mint to ensure fresh breath after brushing.

Hand Care

- Wash your hands thoroughly with soap and water before eating, after using the bathroom, after sneezing or coughing, after changing a diaper or after handling animals.
- Dry your hands thoroughly with a clean towel after washing.
- Keep your fingernails at a manageable length by cutting or filing them often.

Foot Care

- Wear clean, cotton socks daily and consider placing fresh-smelling powder in your shoes to suppress odors.



Did you know...?

The body contains almost two million sweat glands which produce three quarts to one pint of sweat each day. When fresh perspiration evaporates naturally, the body will not smell. However, an offensive smell is produced when bacteria on the skin decompose sweat, especially in the groin, underarms, feet and on sweat-drenched clothing.